

Teens: Depression



If you think you are depressed, get help. Call:

1. **866-246-8259** to talk to a CHN social worker or therapist.
2. **1-800-LifeNet**. This is a hotline that can help.

All calls are private.

What is depression?

It's normal to feel sad or down sometimes. But if these feelings don't go away, you may be depressed. People feel different things when they are depressed. You may:

- always feel sad, annoyed, or angry
- feel hopeless, worthless, or bad about yourself
- not enjoy the things you used to
- not be able to focus or make decisions
- have no or little energy
- not feel hungry or eat a lot more than you used to
- gain or lose weight without trying
- have a hard time sleeping or sleep more than you used to
- feel aches and pains
- think about hurting yourself or ending your life. **If this happens, talk to an adult right away.**

It's normal to feel sad or down now and then. Depression happens when these feelings don't go away. Use this sheet to know what to do if you are depressed.

What you can do to feel better:

- **Get help.** Many people deal with depression. You can use talk therapy, medicine, or both to feel better.
- **Take care of yourself.** Even if you don't feel like it, eat well and stay active.
- **Talk to someone.** Share your feelings with someone you trust. You can start by saying:
 - "Right now, I'm feeling..."
 - "I've been feeling this way for..."
 - "Lately school, work or life has been..."
- **Get out into nature.** Take a walk in the park or spend time outside.
- **Write down your feelings.** Writing down your feelings can help you cope. It can also help you think through problems.
- **Take time to relax.** Take some time for yourself every day. Do something you enjoy or used to enjoy.
- **Stay away from drinking and drugs.** They often make you feel worse.